

My Nature Journal



Choose one thing to notice. Write, draw, or circle.
Leave any space blank. Pause whenever you wish.

Date: _____ **My spot:** _____

Today looks: sunny / cloudy / rainy / windy
Or my own word: _____

Something I noticed

A memory or thought, if I wish

A sketch, a color, or a photo

Together: ask "What do you notice?" and follow their interest.